

Grilled Broccoli and Cauliflower

Broccoli and cauliflower have color, taste, and texture that offset each other well. When grilled, they are more cooked than when steamed, though not as fully cooked as boiling or baking. Additional flavorful ingredients include bacon bits, diced ham, onions, parsley, or green beans. They can be steamed before placing on the grill. Although this creates extra dishes, it will allow them to begin the cooking process much faster. Broccoli and cauliflower pair with steak, pork chops, or chicken. Fresh from the garden to the grill in less than an hour's work. A perfect ending to a sweltering summer day.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the grill

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon bits
- Broccoli
- Butter (lactose)
- Cauliflower
- Ham
- Mushrooms
- Onions
- Pepper
- Spices

Meatless Preparation Avoid:

- Bacon bits
- Butter
- Ham

Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon

Pan:**Grill safe aluminum pan, or******Grill packet**

**** To make the packet, tear off a large piece of foil, place the vegetable on one half, add a dash of salt and butter. Fold the foil in half. Crimp the side by folding them over two to three times. Do the same with the top. Add holes with a toothpick, or a fork, to let heat in and liquid escape. Potato slices, onions, baked beans, corn, and squash can be cooked this way.**

Ingredients:**Meat:****Optional:****1/4 cup of bacon bits****Vegetables:****15 ounces of broccoli****15 ounces of cauliflower****Other ingredients:****1 tablespoon of butter****Dash of salt****Spices, such as pepper, to taste****Preparation time: 10 minutes****Preparation:****1. Wash and chop:****15 ounces of broccoli****15 ounces of cauliflower****2. Add to grill safe aluminum pan, or****** Grill packet:****15 ounces of broccoli****1 tablespoon of butter****15 ounces of cauliflower****Dash of salt****Spices, such as pepper, to taste****Optional:****1/4 cup of bacon bits****3. Close packet and place on grill.****Cook Temperature: Grill****Cook Time: About 15 to 20 minutes****Servings: 4 to 5**

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 10 minutes.

Add your oven time here: _____.